

# Claims

- [c1] 1.A processed, ready-to-eat food item comprising a protein source, a fat source and a carbohydrate source wherein the total carbohydrate content of the food item is greater than 45% by weight and the glycemic index of the food item is lower than 50 (71).
- [c2] 2.The food item of claim 1 wherein the carbohydrate content exceeds 50%.
- [c3] 3.The food item of claim 2 wherein the carbohydrate content exceeds about 55% and the glycemic index is lower than about 40(57).
- [c4] 4.The food item of claim 3 wherein the glycemic index is less than about 35(50).
- [c5] 5.The food item of claim 1 wherein the protein source comprises one or more of soy protein, whey protein and casein, or mixtures thereof.
- [c6] 6.The food item of claim 5 wherein the carbohydrate source comprises one or more of fructose, inulin, barley and cherries, or mixtures thereof.

[c7] 7.The food item of claim 6 comprising a mixture of the following ingredients in the weight percentage range indicated:

Toasted soy pieces 15% to 25%

Inulin 5% to 15%

Toasted barley flakes 5% to 10%

Dried cherries 0% to 10%

Soy nuggets 0% to 5%

Whey isolate 0% to 5%

Calcium caseinate 0% to 5%

Plum Puree 10% to 20%

Almond paste 5% to 20%

Liquid fructose 5% to 20%

Agave nectar 5% to 20%

Glycerine 0% to 10%

Flavour 0% to 5%